



**Welcome to the CTG Celebration!**  
**Please enjoy some refreshments. The  
program will begin at 3:00**

## **2:30 Reception and Networking**

*Please help yourself to refreshments*

## **3:00 Welcome, Val Thomas-Matson**

**Transforming Communities**, Brian Saelens & Jim Krieger

**Raffle** for first door prize (must be present to win)

## **3:25 Passport to Community Health Activity**

*Grab a passport and have your passport stamped at the healthy eating, physical activity, built environment, and tobacco stations, or by networking with two new people*

## **4:00 Raffles for Second Door Prize and Passport**



**Community Transformation Grant:**  
Transforming the health of South Seattle and South King County is a collaborative effort to change systems so all residents can be physically active, have access to healthy foods and drinks and live in tobacco-free environments.



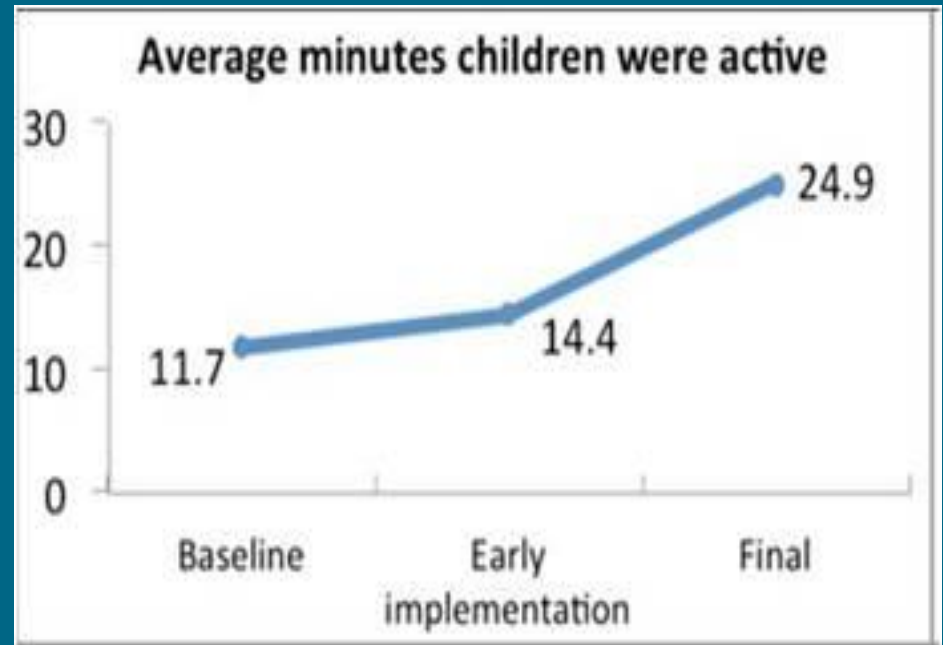
**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION



**Public Health**  
Seattle & King County 

Des Moines implemented new physical activity standards for city-sponsored programs including summer, before, and after school care

Students more than  
doubled their  
average time they  
were active during  
the programs





## ***Voices from the community***

**“The [PSRC Healthy Communities] toolkit will be a valuable one-stop resource for governments, non-profits, and community groups working to create and advocate for communities that are healthy, equitable and sustainable.”**

**- Karen Wolf, King County, Senior Policy Analyst and PSRC Regional Staff Committee member**



A **farm-to-school** program has been implemented in Auburn, Kent, and Renton School Districts with support from Washington State Department of Agriculture






The districts have purchased over **50,000 pounds of Washington-grown produce**, which has been offered to 33,200 students



# Tobacco-Free Park Policies, Cities in King County, WA

as of October 18, 2013

## Legend

-  Tobacco-Free Park Wide
-  Designated Tobacco-Free Areas
-  Smoke-Free Park Wide
-  Designated Smoke-Free Areas
-  No policies

0 1 2 3 4  
Miles



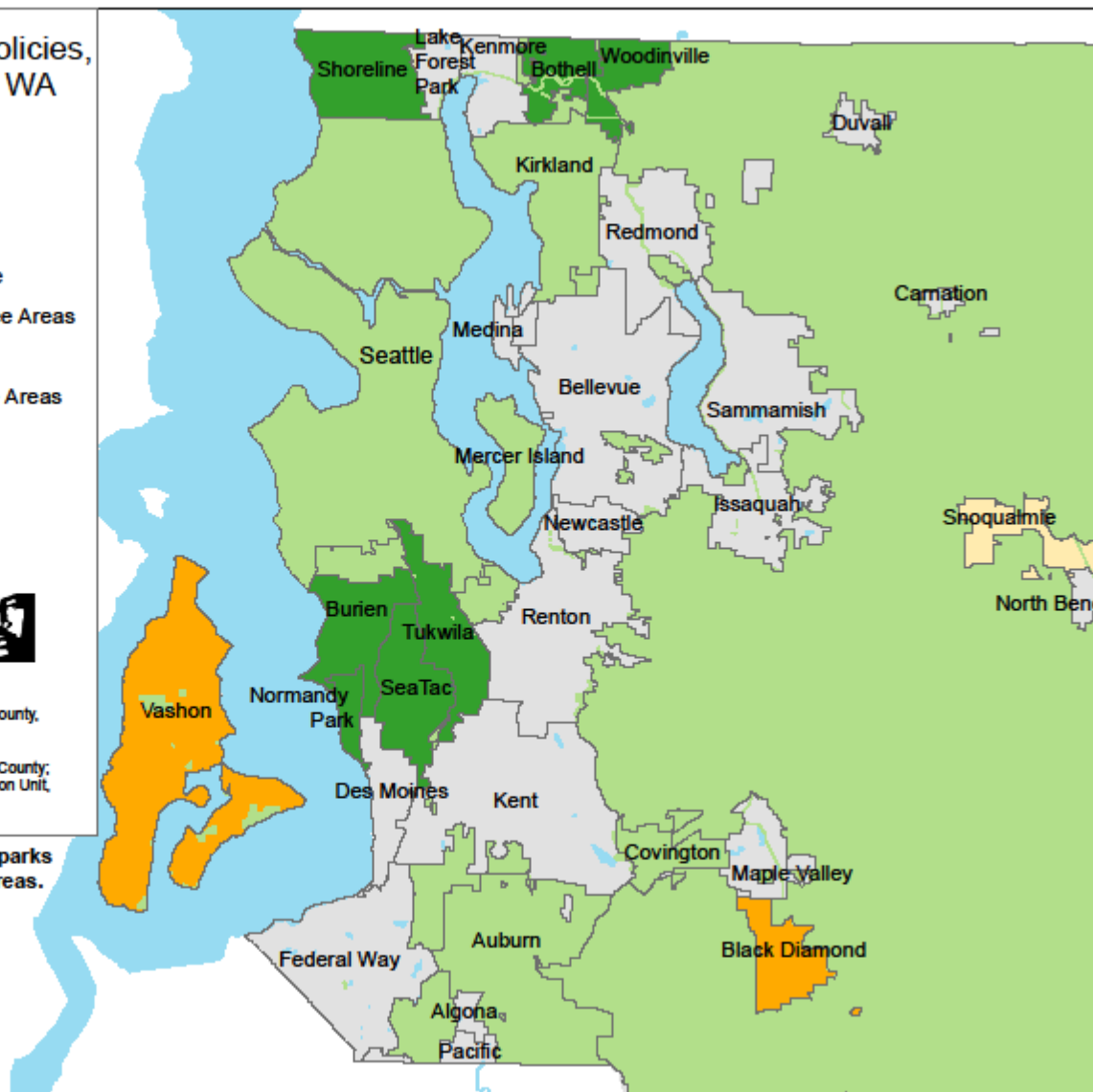
**Public Health**  
Seattle & King County



Data Source: Public Health-Seattle & King County,  
Communities Putting Prevention to Work

Produced by: Public Health - Seattle & King County;  
Assessment, Policy Development & Evaluation Unit,  
10/18/2013

**Note: All King County operated parks  
have designated tobacco-free areas.**





Cafeteria staff from the Renton School District visited Viva Farms in Mt. Vernon to learn tips for **using Washington-grown produce** in their kitchens







Puget Sound Regional Council developed the **Planning for Whole Communities Toolkit** - a resource for local jurisdictions to promote health, equity, and sustainability in their local planning efforts

Horn of Africa Services conducted five  
**healthy eating/active living  
workshops** for 60 East African  
youth and parents





Community leaders trained by Global to Local  
**made their voices heard** to the Tukwila City Council



More than 2,000 **children** at early learning centers now have **access to affordable, healthier foods** as a result of Farm to Table programs in Seattle and King County. Over 100 childcare, after school and senior programs are involved in the City of Seattle-sponsored program





OneAmerica brought  
**community leaders**  
together in Seattle,  
SeaTac and Tukwila to  
discuss how  
transportation impacts  
their communities





## ***Voices from the community***

**“I live within walking distance of two schools in Auburn. We live in one of the neighborhoods that have sidewalks. That’s one of the main reasons we decided to move here when we were raising our kids.”**

**- Auburn resident**





Childhood Obesity Prevention Coalition has reached over 13,000 people with **healthy beverage education efforts**, and conducted five interactive summer camp activities with youth from the Auburn YMCA





Auburn MultiCare **reduced the number of sweetened drinks** in its cafeteria by replacing a soda fountain with a tea machine

# City of SeaTac conducted a project with Global Connections High School students to gain **youth perspectives on the planning of the Angle Lake Light Rail Station**





Highline Medical Center has improved its offering of **healthy meals offered in cafeterias** at the Burien location. Since Highline is a part of the larger Franciscan Health System, the work is expanding to all eight Franciscan hospitals around the state: a great example of how work initiated through CTG can spread far beyond King County

**Tukwila and Normandy Park**  
implemented tobacco-free  
park policies, impacting over  
82,000 people







The PSRC Planning  
for Whole  
Communities Toolkit  
is divided into 25  
resource guides  
describing specific  
tools and how to put  
them to work at the  
**local level**







**RHA WELCOMES  
YOU TO OUR  
SMOKE FREE  
FACILITY**



**WE THANK YOU FOR NOT SMOKING  
WITHIN 25 FEET OF BUILDINGS**

Affordable housing agencies in South King County have adopted smoke-free policies including Navos Housing (serving those with mental illness) and the Senior Housing Assistance Group

**And all public housing authorities in King County are now smoke-free!**

# Studio 3MW is working on a **Health Impact Assessment** for Auburn's comprehensive plan





# American Polynesian Organization Senior Tour at Rainier Beach Urban Farm, supported by the City of Seattle's farm to table program





**The Tukwila Pool**  
adopted policies  
that increase public  
access to aquatic  
recreation: single gender swim,  
3rd grade swim lesson  
scholarships, enrollment in  
youth Guard Start program, and  
translation





## ***Voices from the community***

**“We are delighted with the changes coming this school year to make all foods in our schools healthier and consistent with nutrition education taught in our classrooms. We know that access to healthy, nutritious food supports student learning and helps establish healthy habits for the rest of their lives.”**

**-Wendy Weyer, Director of Nutrition Services for  
Seattle Public Schools**





Kent School District trained staff and implemented a pilot project in six schools to **encourage students to choose healthier foods**



Deli Salad Stations piloted in two high schools in Kent will be expanded to the other high schools in the district and all of the schools will work toward **making fruits and vegetables more accessible and appealing**



**Highline and Kent School Districts** implemented new, high-quality PE programs that work toward meeting state standards. These new programs equip students with the knowledge and skills to make healthy choices both in and out of school



**More than 46,000 students are impacted by these changes**



## ***Voices from the community***

**“A year-round farmer’s market would work. It has worked, it does work – just ask Ballard.”**

**-Got Green community leader**



# Healthy King County Coalition hosted a **Community Leadership Engagement Training** with over 30 individuals



Health Care Without Harm supported four hospitals – Valley Medical Center, Harborview Medical Center, Highline Medical Center, and Auburn MultiCare in making big changes to their cafeterias that **improve patient health.**







Global to Local conducted outreach to residents of the Latino, Somali, Burmese, and other East African and Arabic speaking communities and held training on **community physical activity opportunities**.





706 child care providers, reaching 10,739 children,  
received training on changes they can make to  
**improve nutrition**  
at their sites from health consultant Katy Levenhagen.



8,766 people living in low-income housing in South Seattle and South King County now have access to smoke-free multi-unit housing



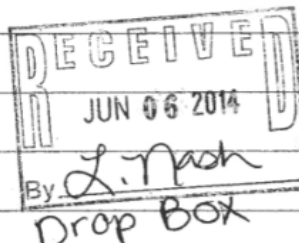


TO. RENTON HOUSING AUTHORITY  
ADMINISTRATION

DEAR R.H.A;  
WE SOME RESIDENTS, THAT LIVE  
IN YOUR APARTMENTS, ARE VERY  
THANKFULLY FOR WHAT YOU DID!  
TILL NOW, FOR US WERE IMPOSSIBLE TO  
OPEN THE DOOR OR THE WINDOW  
BECAUSE OF THE STINK OF SMOKE  
OF TABACO.

NOW THE THINGS ARE CHANGED.  
IT'S A LITTLE LATER, BUT BETTER LATER  
THAN NEVER.

WE THANK YOU VERY MUCH!  
THANK YOU, THANK YOU, THANK YOU





North West  
Organic  
Apples \$1.00

# Honeycrisp - Domes Growers

Flavor: This is a  
refreshing, sweet-tart  
apple with a crisp  
texture. Honeycrisp  
apples are made with a  
crisp-tender flesh that  
crushes with each bite.

Features & Nutrition: 5-6  
inches in diameter  
& weighs  
about 1.5 pounds.

Best Use: Honeycrisp  
apples are great for  
snacking or eating  
out of hand.

Storage: Store in a cool  
place, away from  
light and moisture.  
Keep in a cool  
place.

# FALL HARVEST

## Gala Apple

Harvest Growers  
Darien, Washington

Flavor: This is a  
sweet, crisp apple  
with a hint of tartness.

Features & Nutrition: 5-6  
inches in diameter  
& weighs  
about 1.5 pounds.

Best Use: Gala apples  
are great for  
snacking or eating  
out of hand.

Storage: Store in a cool  
place, away from  
light and moisture.  
Keep in a cool  
place.



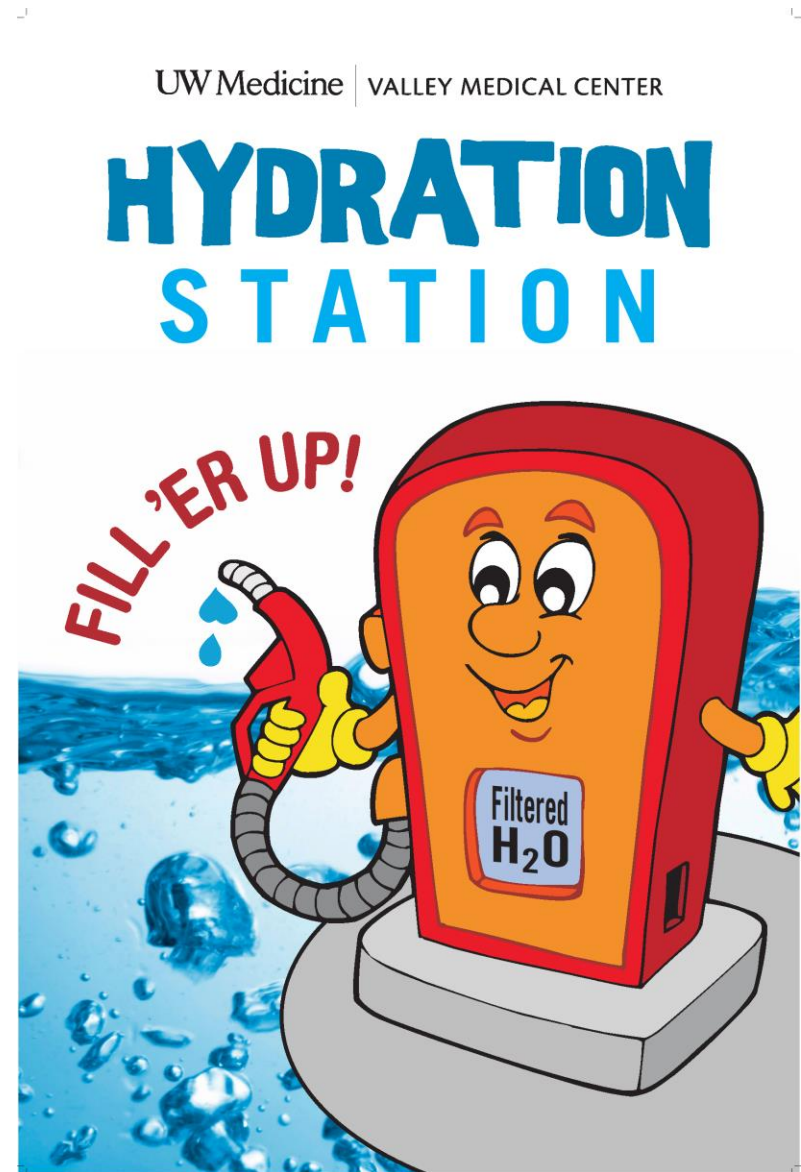
## ***Voices from the community***

**““My daughter and I receive \$150 a month in SNAP [food stamps] benefits to use for food each month. It’s hard enough to make that last longer than two weeks, but given how expensive healthy food is, it’s nearly impossible.”**

**- Auburn resident**



Valley Medical  
Center installed and  
promoted a new  
water hydration  
station for patients,  
staff and visitors



**Youth leaders** trained by Horn of Africa Services presented their learnings to the Seattle School Board and met with a Seattle City Council member







# **Fresh from a farm near you!**

**Enjoy the very local cucumbers  
grown in Auburn in your summer lunch.**



Over 300 Good Food Bags have been distributed to low-income Auburn residents as a result of the efforts of Washington CAN! and community leaders





## ***Voices from the community***

**“Food justice is one of the ways racial inequity really manifests itself in society today and has a lot of far reaching implications.”**

**- Got Green community leader**





**THIS PARK IS  
TOBACCO-FREE**



**WE APPRECIATE YOUR COOPERATION**

Public Health   
Seattle & King County

 CITY OF  
**NORMANDY PARK**  
WASHINGTON

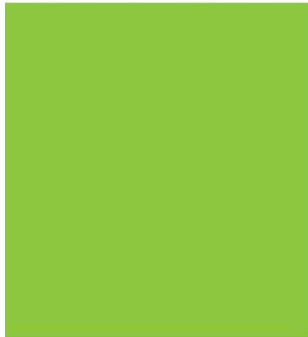


706 child care providers, reaching 10,739 children,  
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**improve physical activity**  
at their sites from health consultant Katy Levenhagen



With support from the Childhood Obesity Prevention Coalition, organizations like the Renton Community Center and the King County Housing Authority **increased healthy options in their vending machines**

## Healthy Beverage Toolkit



Childhood Obesity  
Prevention Coalition  
*Building a Healthier Generation*



## ***Voices from the community***

**“When a student is deprived of access to healthy foods—when strawberries are only available for a special birthday because they are too expensive—it's a social justice issue. Thanks to the Farm to Table program, I'm not only seeing kids excited about what they are eating, I'm seeing their weights come down.”**

**- Jacqueline Boles, Tiny Tots Director of Family and Health Services**



# Renton Housing Authority's board unanimously passed a smoke-free policy for all of their properties

WHEREAS, the mission of the Renton Housing Authority is to provide affordable housing in a *safe environment* to people with low incomes who make Renton their home.

NOW, THEREFORE, BE IT RESOLVED, by the Board of Commissioners of the Housing Authority of the City of Renton that the Authority shall establish and implement a non-smoking policy that would apply to all RHA properties as of June 1, 2014.

ADOPTED by a majority of all members of the Board of Commissioners and signed by me in open session in authentication of its passage this 12<sup>th</sup> day of November, 2013.

  
Chair

CERTIFIED BY:



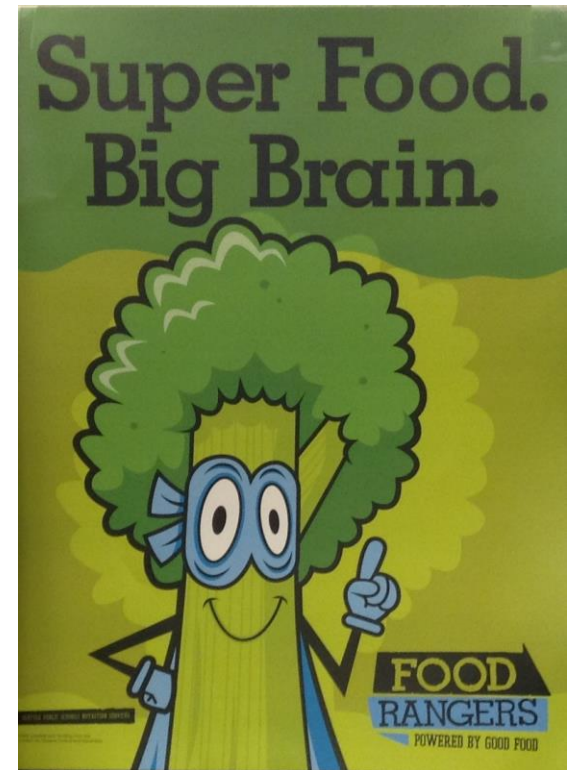
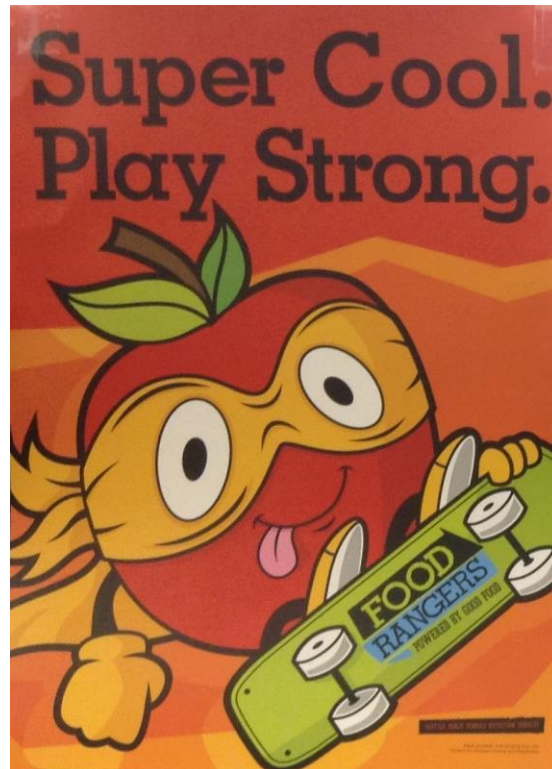
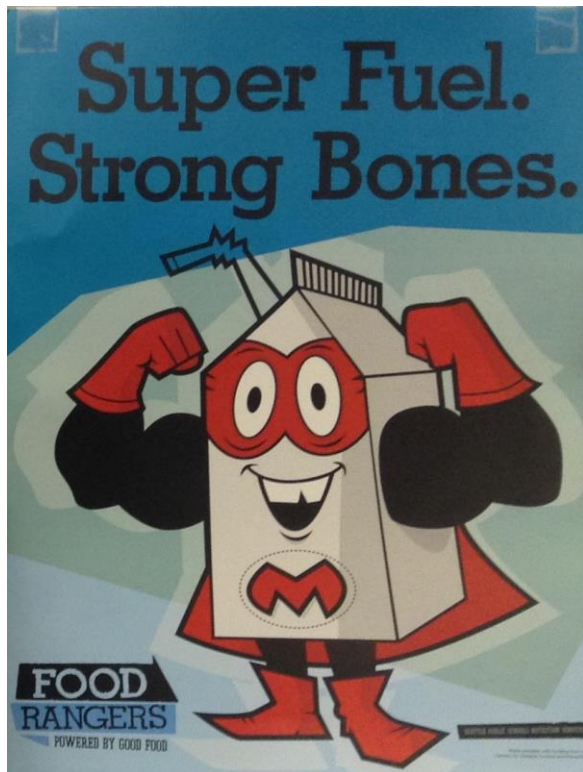
  
Secretary - Treasurer



Seattle Public Schools convened a learning network with Auburn, Highline, Kent, Renton, and Tukwila School Districts to change and **promote school meals** by updating school wellness policies.



# The Learning Network led by Seattle Public Schools developed “Food Rangers... Powered by Goodness” to **rebrand school meals**



**Got Green** held four **leadership trainings**, with the goal of developing leadership skills in low income women of color to increase the affordability and accessibility of fresh produce and healthy foods. 68 people participated in the workshops



**Join the Women in the Green Economy's  
Women's Leadership Institute**



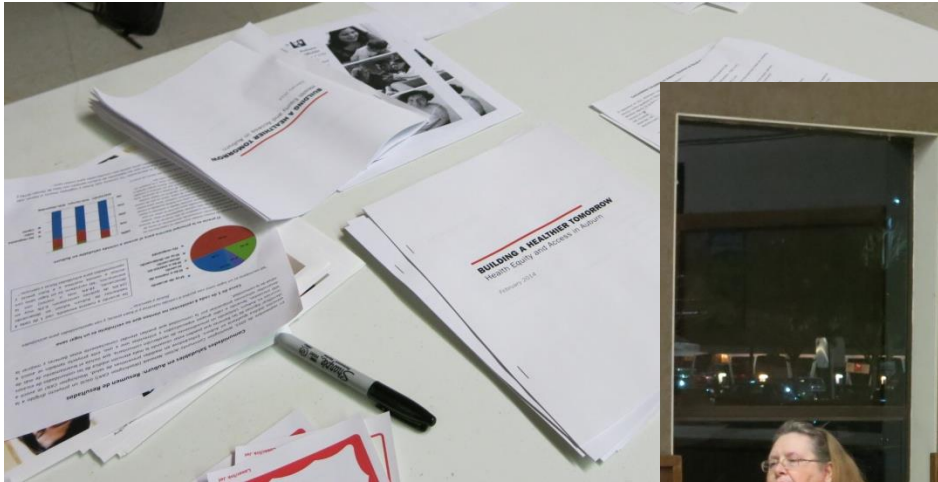
Learn with other women of color and low-income women about food access issues in our community and grow as leaders to

Market  
for Attending  
each Session!!



Washington CAN! conducted **door-to-door outreach** to collect 554 surveys from Auburn residents to assess priorities regarding access to healthy, affordable food

Eleven community members volunteered to participate in a planning team to **identify community-level changes**







## ***Voices from the community***

**“Now more than ever, we must all do our part to help children establish healthy habits early on.**

**I’m thrilled to see our District launch this innovative approach to physical activity that will equip students with the knowledge and skills they need for lifelong health and fitness.”**

**- Nichole Calkins, P.E. & Health Instructional Specialist for Highline Schools**



Harborview launched a voucher program for its farmers market – now, physicians can give patients “prescriptions” for healthy food!  
In its first few months, 400 vouchers were issued



# CTG staff from Seattle Children's, Healthy King County Coalition and Public Health



**Thank you for coming today and for  
all of your work to  
build a healthier King County!**



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION



**Healthy King County Coalition**  
Mobilizing communities to achieve health equity

**Public Health**  
Seattle & King County

